Energy Centers

Crown
Top of Head
Spiritual Connection to a Higher Power

Brow
Forehead
Intuition and Clear Perspective

Throat
Base of Throat
Self-Expression and Purpose

Heart
Mid-Chest
Love and Connection

Solar Plexus
Upper Abdomen
Power and Identity

Sacral
Below Navel
Passion and Creation

Root
Base of Tailbone
Physical Existence


Claude Monet, Waterloo Bridge, Veiled Sun, 1903. Painting (Oil on canvas.) Gift of the Estate of Emily and James Sibley Watson. 1953.6.

Ad Reinhardt, Abstract Painting: Red, 1954. Painting (Oil on canvas.) Gift of Mr. and Mrs. Arthur L. Stern. Accession Number: 1965.5